



SDAA Newsletter

July 2022

This newsletter forms the notes of a Selsey Dementia Action Alliance Meeting held remotely on 26th July 2022. To find out more about any of the items, contact:

sdaa@selseycommunityforum.uk

✿ **Mike Nicholls** (Mike N) welcomed everyone to the July Meeting. Mike related about the meeting at The Selsey pop-up pantry today which is weekly free food distribution at The Beacon Church in partnership with UK Harvest and The Selsey Community Forum. Usually there are 35 to 60 people who attend. Today there were 7 or 8 folk from Ukraine who are living in our community and came to pick up their food, and it was lovely to see the warmth on their faces when they were able to speak to each other in their own language instead of gesticulating to English people who couldn't speak Ukrainian. It was lovely to be part of the community welcoming friends. We recently discovered that in Selsey we have political refugees from Armenia, Afghanistan, Iraq and Rumania and probably a few more. You never know how many different nationalities are living in our communities.

✿ **Karen Halford** – Karen was unable to attend but sent this report to update us with the work taking place at The Selsey Care Shop, which we continue to be very grateful for:

"We continue to be very busy in the Care shop with assorted enquiries and requests for support. Our activities are being well received with 2 care homes attending, The Malthouse and The Conifers.

I am currently supporting a gentleman with Cerebral Vascular disease who is being evicted from his home on Friday this week. Support from Linda Palmer Housing Officer and Abigail from WSCC social work team are assisting me to re-locate the gentleman. What sad situation reaching the age he is and now finding himself in this situation?

I received news this week regarding a new debit card tailored to people living with Dementia see link <https://www.sibstar.co.uk/> this offers a safe network in banking

Lorraine Bridger and I have been supporting a couple with their housing application and also supporting a lady with an ongoing concern with her husband's permission to drive. This has finally been resolved with his driving license being withdrawn.

We are also supporting several clients to find suitable accommodation with loved-ones living with Dementia.

Enjoy the rest of your summer stay safe.

News from those attending

✿ **Wayfinders** - Update by Louisa Stockdale. The Cognitive Stimulation Therapy (CST) group has just completed with another one planned on 28th July with 8 confirmed members. Two of the community groups are not doing as well as expected so these will be tweaked a little. Littlehampton, Rustington, are partnering with Arun Dementia Friendly Group. To help improve trust they will be visiting the surgery. With the CST they are thinking of offering a 6-week course in the communities so and if anyone knows of someone who may qualify,

please let Louisa know. The course will commence in October with more location-based CST courses.

The Wayfinders are busy, each Wayfinders has about 200 clients each. Sage House is busier than ever. There are places available in the Tuesday Exercise class and some Tech sessions which people can book and be given one to one support and learn how to set up their phone, email and/or iPad etc.

- ✿ **Dementia Friends** – Mike Beal is our Dementia Ambassador and recently conducted a Dementia Friends training session. We now have 5 new Dementia Friends in Selsey. Mike is happy to deliver Dementia Friends training to whoever is interested, please contact him for further details. Mike B has just been informed there is a 24-hour charity cycling event at Goodwood on Thursday 4th August, Mike B will be there volunteering and supporting.
- ✿ **Alzheimer's Society** – Lorraine Bridger runs a Carers support group aided by Karen Halford on the 3rd Wednesday afternoon of the month at The Methodist Church Hall. There were 8 Carers at the last meeting and a representative from the Library Service came and talked about the services available with interesting questions and answers after the talk as people were not aware what the library service can supply for people living with Dementia and their Carers. Lorraine is working with Karen on 2 complex cases of people in Selsey and one of the cases has been resolved with the gentleman's driving licence being withdrawn by the DVLA, which was a relief to his partner. The group is going well and Karen and Lorraine are working well together.
- ✿ Mike N said it was so important to be able to support Carers of someone living with Dementia. Only last week he visited a couple, who had been together for many years. The husband was caring for his wife and stated how tired he was feeling, to which his wife said she felt so useless not being able to do all the things she used to do for him. It's quite emotional hearing something like that, and we are very grateful to Alzheimer's Society for all you do in the way of support.
- ✿ **Carers Support West Sussex** -Astrid Stubbs attended the meeting on behalf of Diane Durkin. Diane has the Caring Café Carers Group up and running in East Wittering Held In Calamity's Café 2.30 until 4pm on the first Thursday of the Month.
We have a local volunteer being inducted at the moment to support our carer facing work in the area who has many talents and some good ideas. I am happy she has decided to come on board, and she is familiar with the Carers that attended the Cafe debut last month. We had 8 Carers attend in July who enjoyed a chat and cake together. The group is informal and Carer-driven, we are looking at including some activities over the next couple of months. On August 4th 2022 we are going for a stroll on the beach and have Ice Cream, meeting outside Calamity's first at 2.30 pm.

Networking continues around the Peninsula and partnership work is positive. This month Diane has attended the Sage House Coffee Morning at the surgery and the SCF Carers Tea with Sue White, and has been given some support for My Carers via the SCS which has been helpful.

We have a new Carer Friend scheme aimed directly at Carers caring for someone who is deemed to be entering the final stages of their life (EOL), and/or a carer whose cared-for has recently died. This service offers a support call to a Carer, via telephone, on a regular basis either fortnightly or monthly with a Carer Friend Volunteer. Carer Friends is not a counselling service but a listening ear during a difficult time for between 3-9 months. Refer via our website or our Response line on 0300 028 8888.

In the Crawley area we have a Bi-lingual Memory Navigator supporting South Asian Carers and their families. It's a project to increase awareness and referrals in Crawley and specific to Crawley.

Also working with The Alzheimer's Society very closely. Sage House now have a Hospital Memory Navigator for patients coming out of hospital and their families and works with them for up to six weeks.

Working with Sage House on Grief Cafes where Carers can come together and talk about the loss of the loved one who is still with them. It's a project supporting someone living with

Dementia who has had a bereavement, or supporting Carers who are living with the grief of Caring for someone with Dementia. There are a number of Cafe's they are looking at over Selsey, Chichester and the rest of West Sussex area.

- ✿ **Befriending Activities** – Ronelle runs various groups where people living with Dementia and some with Carers. They are making new friends and remembering who they have met at previous meetings. They dress up for the occasion and we can see the improvement, helping them to get out, which is helping them a lot.
- ✿ **Sussex Grange Home Care** - Corinna Forsdike said Home Care is very busy having taken on more Care packages and they are still recruiting. The hot weather we listened to the staff and bought thinner uniforms and offered ice lollies and ice creams to cool them down.
Sussex Grange Residential Care - has also been very busy too Kellie Barker told us, with new residents moving in. Some of the staff attended the Dementia Bus training at the Bill House recently. There has been a Managers Away Day which was very interesting and a chance to meet all our peers again. Jackie has been in the Care Shop to discuss the Church visits and the Friends visits. Some of the residents made a visit to Oakwood School, and the residents absolutely loved seeing the children and enjoyed the afternoon tea judging by their faces. Also, about 10 residents of different abilities paid a visit to The Boulevard in the village and it was greatly enjoyed, the staff were lovely and accommodating. Sometime ago they were piloting the Twist and View Charts. There was one on the room where a new residents moved in, and the lady and her family took on the role of completing it and this gave some really useful information for the staff. They have Race Day coming up and Spa Day this Friday.
- ✿ **The Malthouse** – Mary Oliver was planning to take a few people to Chaplin's using the Voucher given for the Jubilee, but due to some people not being well and not having the staff cover Mary was only able to take one person, which was lovely because she doesn't often go out and doesn't join big groups. Another time will be planned. The Heatwave had to be dealt with very carefully, keeping people cool and hydrated was a priority. Lots of things had to be postponed. Sprots Day coming up adapted to residents. Hoping to join in with Lifeboat week in August. Taking residents to End of The Peer Show which is coming up in August. Still going to the Dementia Friendly group meeting at The Beacon Church on some Thursday. Mary is trying to organise access to the Minibus, we need a ramp for some residents who cannot otherwise access the bus, then we can bring more residents to the Dementia Friendly Group. Now we have more helpers we are going to organise a visit to the Tea Garden and other activities.
- ✿ **Mike N** visited the Conifers Care Home this afternoon and recognised their care for people living with Dementia. The Bill House following its refurbishment, also care for people living with Dementia. Mike asked if any of the Care Homes are offering Day Care for folk living in the town. Sussex Grange said they receive quite a few enquiries about that. Unfortunately, it's not something being discussed at the moment but they are aware its badly needed and will keep us informed. The Malthouse said they were currently having some building work done and are not able to offer it at the moment until that has finished. They are keen to restart Day Care as its very much in demand in Selsey.
- ✿ **My Future Care Handbook** – Linda Edwards reported there were several training sessions recently via Zoom with Zoe from My Care Matters. Each session lasted 30 mins. It was attended by several Selsey Buddies who found the training useful and to be in a group of Buddies from various other organisations, and sharing their experiences with clients was very beneficial. Zoe has received some Lottery Funding recently and is able to provide some of the new books to us at no charge, which is greatly appreciated, especially in the current climate of increased cost of living. Mike N said that it would be useful if we Linda and Lita could visit his Bereavement group as they may be interested in working through the book with a Buddy. Lita Mason, whose clients have completed said she is ready to take on a new client, and Linda will be contacting Lita in due course.
- ✿ **The Beacon Church** –Mike N said the Beacon Church has been very busy with Dementia Friendly activities recently. This is all down to Lyn Richardson, who prepares the room, moves the furniture and generally manages the premises and makes everyone feel welcome. Lyn stated that SCF were using the Cabin throughout the Summer for different activities. On

Saturday 13th August there is a Strawberry Tea from 3pm to 5pm on behalf of the RNLI. Cream Tea is £4.50 and £7.50 for High Tea which includes scones and cake and a selection of sandwiches. No need to book, just turn up on the day.

Next Meeting - All agreed to skip August for a meeting so the next one will be on 27th September 5pm.

THE CARING CAFÉ CARERS GROUP



Informal group for carers to come together, have a chat and a cuppa! A Carer Wellbeing Worker will be available for support and can help you manage your caring role. No need to book, just come along for peer support and meet other carers.

Venue: Calamity's Café, 11 The Parade, East Wittering, Chichester, PO20 8BN

Time: 2:30 pm - 4:00 pm

2022 Meeting Dates

- 7th July
- 4th August*
- 1st September
- 6th October
- 3rd November
- 1st December

*café closed to group so we will meet at the beach for a walk and an ice cream



Please contact our friendly team to find out more:

Call **0300 028 8888**
Email info@carerssupport.org.uk
Visit www.carerssupport.org.uk

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